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November American Diabetes Month

Over time, if not controlled, type 2 diabetes can cause serious health problems like heart disease, stroke, and blindness. You may be at risk if you:

- Are overweight
- Exercise less than 3 times a week
- Are over 45 years old
- Have high blood pressure or high cholesterol
- Have a parent or sibling with diabetes

SW AR Public Health Forum

Calhoun Heights Community Outreach, Inc. and Southwest Arkansas Community Development Corporation of Magnolia, Evergreen Baptist Church Tobacco Awareness Program of El Dorado, and Legacy Initiative of De Queen hosted a legislative forum with support from the Coalition for a Tobacco Free Arkansas and a consortium of local grassroots and public health organizations on October 23rd in Magnolia. The purpose of the forum was to educate the public on the general health issues and consequences of tobacco use, as well as present evidence associated with tobacco prevention



Cheryl Byrd explains her role.

policies as solutions to those health issues. The anticipated outcome is that once community leaders understand the impact that tobacco use has on their community, they will be empowered to adopt public health policies that will achieve healthier cities and communities.

Keynote speakers at the event were Dr. Carolyn Dresler, Medical Director of the ADH Tobacco Prevention and Cessation Program, and State Representative David Fielding, District 5. Dr. Dresler explained the importance of a strong tobacco control program and Representative Fielding discussed the toll of tobacco in Arkansas.

Other presenters included Alisha Williams, Project Director for Legacy Initiatives, Carolyn Yarbrough, Evergreen Baptist Church, and Cheryl Byrd, RN, De Queen/Mena Educational Services Cooperative. Yarbrough highlighted local accomplishments in her presentation titled "Local Success and Ground Work". Byrd explained the role of the ADH Community Health Nurse Specialists in tobacco prevention and cessation.



Dr. Dresler addresses group

Wellness Center opened in Gurdon

The Gurdon Public School Wellness Center dedication and open house was held on October 8, 2012. Governor Mike Beebe was the guest speaker. Beebe spoke at the Cabe Auditorium at 1 p.m. and then the tour of the new Gurdon Wellness Center followed at 1:30 p.m.

Gurdon was one of only nine school districts in Arkansas to pilot a school-based wellness center.

Last year the district was awarded \$495,000 for the project, which is designed to meet the physical and mental needs of the Gurdon School population.



Governor Beebe addresses crowd at open house for new school wellness center.

Regional Medicaid Workshop held

Approximately 100 people attended the 2012 annual Arkansas Medicaid Workshop held November 14 on the University of Arkansas Community College campus at Hope.

The Arkansas Division of Medical Services and HP Enterprise Services sponsored the regional workshop which featured morning and afternoon sessions. Topics included the Affordable Care Act, Medicaid Eligibility and PES Software, and the Arkansas Health Care Payment Improvement Initiative.

Julie Huntley, SW Region BreastCare Care Coordinator, set up a booth where she talked to regional BreastCare providers, answered questions, and recruited new providers. Other exhibitors included Arkansas Foundation for Medical Care, QSource, Con-



Julie Huntley with BreastCare booth at Arkansas Medicaid Workshop

TOUCH celebrates 13 years

Tremendous Opportunities for Union County Health (TOUCH) celebrated their 13th year as a hometown health coalition on November 6th. Members watched a review of the past year's activities and successes while enjoying a meal and cake provided by PRIDE Youth Programs and the Arkansas Department of Health.

Members are considering applying to the Arkansas Coalition for Obesity Prevention for "Growing Healthy Communities" (GHC) status. An

eight-member team must be assembled and, if selected, will be required to



attend a 2 ½ day Immersion Training at Lake DeGray Lodge next March.

Joni McGaha, Hometown Health Manager, SW Region, reviewed the application process with the group and highlighted projects conducted by other GHC counties in the past. Some of those programs and activities included community gardens, farmers markets, healthy food option promotions, worksite wellness programs, health screenings, physical activity programs, and coalition media campaigns.

Permanent drug drop box placed at El Dorado Police Dept.

By: Michael Orrell / El Dorado News-Times



El Dorado School District's Stop Prescription Abuse (SPA) Youth Coalition unveiled a permanent prescription drug drop box during a ceremony at the El Dorado Police Department (EPD) on October 16.

State Representative Matthew Shepherd, second from right, Arkansas Drug Director Fran Flener, Union County Sheriff Mike McGough and El Dorado Police Chief Ricky Roberts, third from left, also took part in the

event. The box, one of three in Union County and purchased by the SPA through a 'Lead and Seed' grant, will be placed inside the lobby of the EPD. The other two boxes are located at the Union County Sheriff's Office and the Smackover Police Department.

The boxes are being placed to give residents a convenient way to dispose of their unwanted and unused prescription and over-the-counter medications.

CHNS and CHPS provide training

Southwest Region Community Health Nurse Specialists (CHNS) Cheryl Byrd, Tommie Rogers, Edie Greenwood, and Rhonda McDonald and Community Health Promotion Specialist Emily Lyons collaborated with the State School Nurse Consultant to host the 2012 New School Nurse Conference on October 1 and 2 in Little Rock. Of the 100 nurses in attendance, 85 were new school nurses who have been hired throughout the state in the last two years. They were able to obtain 10 CE's for the two-day training.

Topics included Arkansas State Board of Nursing laws for nurses in school settings, management of students with special healthcare needs, school nurse roles and responsibilities, immunization exemptions and requirements, delegation and supervision, Individual Health

Plans for students, mandated school screenings, medications administration, role of the CHNS/CHPS, and statewide resources.

Byrd will also be hosting a training for new school nurses on November 26, 29, and 30 at the De Queen Medical Center. The training will be for new school nurses in the SW region that have been hired since the conference in Little Rock in October. At the completion of the course, the nurses will receive nursing CE's and be certified to screen students in vision hearing, BMI, and scoliosis.

Greenwood spoke to students in the UAMS Off-Campus BSN Program in Hope at the end of October and presented information on risks factors and consequences for childhood obesity,

type II diabetes in childhood and acanthosis nigricans, pediatric blood pressure, ACT 1220 and 201, and how to perform a BMI assessment following protocol developed by the state.

The CHNS participated in numerous flu clinics this season. Rhonda McDonald and Edie Greenwood, along with Hempstead County clinic coordinator Debbie Howard, RN, presented information about mass and school flu clinics to 22 BSN students, 40 LPN students, and their instructors in October. They used the approved PowerPoint presentations "Mass Clinics in Schools and Communities" and "Flu Vaccine Administration" to prepare the classes to work at the Hempstead Mass Flu Clinic. Students were also instructed in the use of Vanishpoint syringes.

Supporting the cause in Montgomery County

Project Pink Montgomery County helped to promote breast cancer awareness throughout the month of October by providing a 4ft x 2ft pink ribbon that was placed on the chain link fence at Stidman Field in Mt. Ida. Project Pink works closely with the Mt. Ida cheerleaders in promoting breast cancer education by providing pink footballs, shoelaces, tape and ribbons

for the players, managers, cheerleaders and fans.

Both junior and senior high cheerleaders used pink paper throughout the month of October to make the signs for the teams to run through at the beginning of each game. Football players from peewee through senior high went all out with pink socks, shoelaces and wristbands to support the cause.



Ouachita County Red Ribbon Week activities

Red Ribbon Week is celebrated the last week of October each year to help communities unite to take a visible stand against drugs. In Ouachita County, Rebecca Wright, health unit administrator, and Rhonda McDonald, Community Health Nurse Specialist,



Students perform simple tasks while wearing goggles that simulate being under the influence.

showed a PowerPoint presentation covering the effects that alcohol, tobacco, and other drugs can have on the body to 143 students through physical science, earth science, biology, anatomy and pre-AP anatomy classes at Harmony Grove School. A

smokeless tobacco display board was also used to illustrate the dangers of chewing and dipping tobacco. Wright and McDonald made sure that all students were aware of Act 811 of 2011, the law that protects children under age 14 from second-hand smoke while riding in vehicles. A total of 143 science students from grades 8, 9 and 10 participated in the activities.

ADH SW Region 2012 Flu Vaccination Efforts

The following article was written by Don Adams, ADH SW Regional Director:

Every fall, local health units (LHUs) around the State of Arkansas charge into their communities to promote and administer influenza vaccinations to the public. Over the past decade these efforts have grown to include, not only what is given in the LHU clinics, but also, mass flu clinics and school flu clinics, as well as day-cares, businesses, and other agencies with the assistance of extra help nurses.

The Centers for Disease Control (CDC) reports that the flu kills between 3,000 to 49,000 people a year in the US and hospitalizes many more. The very young and elderly are at highest risk, but a recent study conducted by the CDC reported that 43 percent of American children who died from the flu were perfectly healthy beforehand. If preventing the flu wasn't enough, there is also growing evidence to suggest flu vaccinations help prevent many other negative outcomes such as preterm deliveries.

It was great news to hear that a recent report by the CDC stated Arkansas had the largest increase of any state in overall flu coverage from 2010 to 2011. Arkansas' overall ranking for flu coverage went from 27th to 10th in the US.

In 2012 the 17 counties of the Southwest Region conducted 18 mass flu clinics giving a total of 11,713 flu immunizations. Even though the mass flu clinic's immunization totals have slightly declined in most location over the past few years, they are still very successful. It is an opportunity to test and exercise the health department's ability to vaccinate large groups of people within a relatively short period of time. It also may provide the only opportunity for the uninsured to receive the flu vac-

nation for free, reaching certain populations that would not be immunized otherwise.

The SW region has employed two full time extra help nurses this flu season to assist with vaccination outreach efforts. These nurses reach out to daycares, businesses, and any organization that desires to have an onsite flu clinic at their location. In the first four weeks these two nurses have administered over 2,100 flu vaccinations in the SW region. Many of these individuals

would not obtain a flu immunization if it were not for the convenience offered by these onsite flu clinics.

With only a few schools remaining this flu season,

the LHUs and volunteers of the SW region have given 21,200 flu immunizations in over 100 private and public schools. This is on pace to exceed what was given in the schools last year in the SW region.

According to the CDC, school aged children have the highest attack rates of influenza and serve as a major source of transmission within the community. If sufficient vaccination coverage among children can be achieved, it can help protect the entire community. The health department's efforts in the schools systems may be the most critical and effective in preventing the morbidity and mortality of this disease.

With prevention activities one will never know the exact results of their actions. As a result of these actions, what specific individuals were spared the suffering caused by this preventable disease? What specific grandparents are still alive today to enrich their grandchildren's lives? What specific children were spared the loss of a parent? What specific parents were spared the suffering of losing a child? The absence of these specifics should

not diminish their importance nor the acknowledgment deserved to all those involved.

Scenes from Union County, one of 17 mass flu clinics held during the week of October 23-26, 2012.



A drive-through clinic was conducted the morning of October 26 but heavy rains forced workers to move it inside around noon.



DASH Harvest Festival

A Harvest Festival was held on October 29 at the community garden site at St. John's Place, a nursing home in Fordyce. Residents from St. John's and children and parents from Head Start enjoyed the fellowship and festivities that were provided by the Dallas County Alliance Supporting Health (DASH) Coalition.

Most of the children came in their Halloween costumes. Games and face painting were set up for them to enjoy and collect treats. A hay ride took willing participants on a journey around the garden, past the nursing home, and through the woods where they viewed sights of the season such as scarecrows, spiders, and ghosts.

Volunteers handed out bananas, home-made pumpkin cookies and brownies as well as apple cider and hot chocolate.

Before leaving, every child was invited to pick out a pumpkin from the garden and have their picture made.

Approximately 40 children attended along with their families.



Children of all ages enjoy the festival.



Health benefits of turkey

From LIVESTRONG.COM:

1. There are about 32 grams of protein in a 4-oz. serving of turkey, making it a very good source of essential amino acids. Just one serving of turkey provides 65 percent of your recommended daily intake of protein.
2. A little-known health benefit of



turkey is that it contains trace minerals thought to aid in cancer prevention. Turkey contains selenium, which is essential for the healthy function of the thyroid and immune system. Selenium also has an essential role to play in your antioxidant defense system, helping to eliminate cancer-friendly free radicals in the

body.

3. Turkey is considered a good source of vitamins B3 and B6. A serving of turkey meat has 27 percent of your recommended intake of B6.
4. Saturated fat is necessary for biological functions, hormone production, padding for organs and energy. Turkey has under 12 percent of the recommended daily allowance of saturated fat per 4-oz. serving.

Planting the Promise

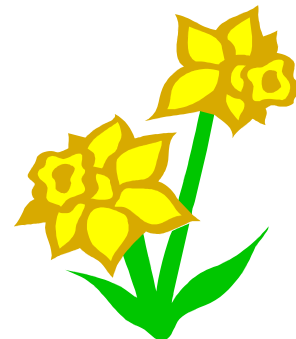
Youth from the Sunshine House in Fordyce and Dallas County 4-H Club "planted a promise" on October 24 during Red Ribbon Week in Fordyce.

Sparkman 4-H students also participated in the event where students plant bulbs to help beautify their community along with pledging to be drug-free.

Daffodil bulbs were planted in both Dallas County towns and should come

up in the spring. Students "planted" garden stakes on which they had written their pledges alongside the bulbs.

The DASH Coalition provided the bulbs with funds received from the Prevention Resource Center. Dallas County Extension Office staff and 4-H leaders helped with recruiting students and planting the bulbs.





Joni McGaha, HHI Manager, Union Co.,
Bonnie Carr, HHI Coord., Montgomery Co.
Arnell Washington, RHS, Miller Co.
Sarah Powell, RHS, Hempstead Co.

SW REGION HOMETOWN HEALTH

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www.healthyarkansas.com

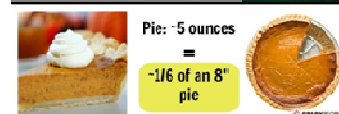
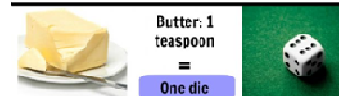
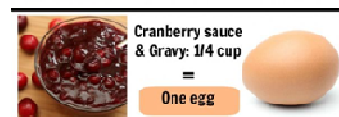
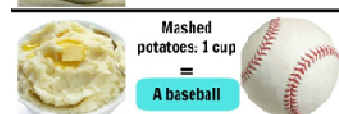
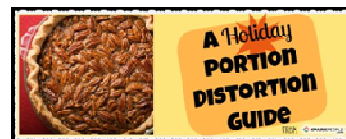
Know Your Thanksgiving Portions!

By Melinda Hershey

Thanksgiving is coming, and let's be real: You're probably going to eat more than you normally would, and you may or may not track it. Different people take different approaches to the Thanksgiving meal. Some take a little of everything, while others just pick a few favorites to indulge in. But which is the best strategy when you're watching your weight?

To slim down your plate check out this portion guide. Note that these are standard-sized portions, so if you want to try a little bit of everything, you might want to cut these portions in half so the calories don't add up as quickly. If you only pick a few favorites, stick with these portion sizes - and try to resist going back for seconds!

A typical Thanksgiving meal adds up to over a thousand calories for many people. The bottom line is that, as long as you practice proper portion control, you can still enjoy your favorites, whether you try everything on the table or just a few special dishes.



Around the Region...



Calhoun County - Roger Mills with the Ouachita Area United Fund presented a check for \$3,500 to the Calhoun County United Community Resource Council at their October meeting. The money will go into the General Store budget to help purchase food for the food pantry.

Columbia County - Arnell Washington, Rural Health Specialist, staffed an information booth at the Magnolia Regional Medical Center Kid's Health Fair on October 29th. He displayed a tri-fold board on Second Hand Smoke and distributed information on injury prevention, substance abuse, tobacco, and health department programs.

Howard County - Cheryl Byrd, CHNS,

provided AHA First Aid/CPR/AED Certification training to 8 EAST Lab students at Dierks High School on November 7th as part of an EAST Lab project of one of the students. Additional topics included tobacco prevention, consequences, and cessation, including the Quitline, signs and symptoms of heart attack and stroke, and teens and safe driving.

Nevada County - Debbie Henderson, RN, administrator, presented a slide show presentation on West Nile Virus at the Kiwanis Meeting in Prescott on October 4. She reviewed symptoms of the disease and explained to those in attendance how they can protect themselves by remembering the 3 D's: Drain, Dress, and Defend. Cases for the 2012 season in Arkansas and the United States were also discussed.

Polk County - Carolyn Dugan, RN, donated approximately 50 children's books for the children's book shelves in the lobby of the Polk County Health Unit. This is a way for the staff to promote reading among young clients.

Sevier County Health Unit staff took part in the Golden Oldies Health Fair at De Queen Medical Center on October 19. Adult vaccine education and flu vaccines were provided for 68 senior citizens. Other services included 97 cardiovascular risk assessments by Arkansas Heart Hospital, health education and other local health related services. Over 100 participants registered for the event. Participating health unit staff included Cheryl Byrd, Community Health Nurse Specialist, Teresa Morris, administrator, Kathy Mitchell, RN, Judy Young, LPN, Debbie Gibson, RN, and health services specialists Kindra Fatheree and Shelley Jackson.

This bulletin board in the Union County Health Unit lobby helped educate the public about the mass flu clinic and what to bring.

